



MRS. FRANK KONRAD AND HEIDI
... Prize-winning mother-daughter team

At County Fair

Protein Goodies 'Wow' Judges

A Torrance housewife has discovered a unique solution for a common problem. And the solution netted her 12 prize ribbons for culinary art at the 1956 Los Angeles County Fair.

Mrs. Frank Konrad, 16701 Cranbrook Ave., said she became interested in cooking with whole grain and natural products in 1960 when exorbitant doctor and dentist bills began to burden the family budget. Because there were so few good recipes for cakes and cookies low in calories and high in protein, the clever mother of seven children simply created her own concoctions.

"Using these products has certainly improved our health," Anne Konrad ex-

claims. "In fact, this year, we have not spent anything on medical bills or cavities!"

Taking after her mother is 13-year-old Heidi Konrad, who walked off with three prize ribbons at the fair. The Carr School 8th grader won a second prize for Sunshine Cake, and third prizes for Lebkuchen and Viennese cookies.

In addition to cooking, Heidi's hobbies include sewing and music. Heidi, two brothers, and a sister all play the violin in the school orchestra.

Mrs. Konrad fled her native Rumania at the age of 5 when Russian troops occupied the country. She grew up in Germany, and

came to the United States with her family in 1952 as a displaced person.

On the trip, Mrs. Konrad met her future husband, who was born in Czechoslovakia and educated in Germany. The Konrads have lived in Torrance since 1964.

Judges at the County Fair awarded first place ribbons to Mrs. Konrad for her Viennese Torts, Ginger Bread, Ginger Cub Cakes, Ginger Cookies, Molasses Cookies, Carob Powder Brownies, Banana Cake, and Marble Cake.

She won second prize ribbons for Apple Sauce Cake and Orange Cake, and third prize ribbons for Oatmeal Cookies and Carrot Cake. Mrs. Konrad was named

first place winner in the whole grain bakery section.

One of her prize-winning recipes appear below:

OATMEAL COOKIES
1/3 cup honey
2 tbs. oil
2 large eggs
vanilla (to taste)
1/2 cup raisins
1/4 cup wheatgerm
1 1/2 cups old fashioned oats
Blend together the first four ingredients. Add the raisins and wheatgerm. Stir in enough old fashioned oats to make a stiff dough. Add brown sugar for sweeter cookies.
Drop spoonfuls onto prepared cookie sheet and bake at 350 degrees until golden brown—about 10 minutes.

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December Bride

Sally Jane Hovey Engagement Told

Mr. and Mrs. LeRoy Farley Jr., of 109 Paseo del as Delicias, combined their 25th wedding anniversary party with the announcement of their daughter's engagement.

Sally Jane Hovey will be married December 7 to Lt. (j.g.) Frank Anthony Marsh (USN), son of the Louis Marshes of Scottsdale, Ariz. The afternoon ceremony will take place at St. Andrew's Presbyterian Church in Redondo Beach.

The bride is an alumna of South High School and Hollywood Presbyterian Hospital School of Nursing. She served as historian and a member of the Student Council.

The prospective bridegroom, was graduated from USC, where he was affiliated with Sigma Alpha Epsilon fraternity.



SALLY JANE HOVEY

He is currently attending Naval engineering school at Fleet Training Center, San Diego.



Daiquiri Party Preview

The flavor of Puerto Rico will pervade the Get-Acquainted Daiquiri party slated by Torrance Branch, American Association of University Women, for Saturday, Nov. 16. Shown above admiring a Puerto Rican voodoo mask are (from left) Mmes. Ronald Sander, Patrick Start and Gerald Mayer, while Mrs. Richard Nishimura and Mrs. Larry McLaughlin prepare a cooling drink of Puerto Rican rum. Mrs. McLaughlin is chairman of the event.

University Women Set Daiquiri Party

The new Torrance Branch of the American Association of University Women will hold its first function Saturday, Nov. 16, at the home of Mr. and Mrs. Frederick Emery, 27064 Silver Moon Lane, Palos Verdes Peninsula.

The event will be a Get-Acquainted Daiquiri Party, featuring a Puerto Rican theme. Mrs. Gerald Mayer, fashion consultant for the Puerto Rican government, and her husband will be special guests.

Mrs. Larry McLaughlin, chairman of the Fellowship Committee, is taking charge of party arrangements. Proceeds from the event will go toward Ph.D. fellowships for worthy women.

Daiquiris and Mai-Tais will be served, and several dinner parties are planned for later in the evening. Both members and their husbands are invited.

Assisting Mrs. McLaughlin are members of the Fellowship Committee, including Mmes. Richard Nishimura, Ronald Sander, and Patrick Stark.

The Torrance Branch was chartered in June.

Alpha Phi Alums Present Instrument to Hospital

Mrs. A. G. Buchanan, philanthropy chairman, of the Peninsula-South Bay Alumnae of Alpha Phi announces that one of the most important goals of the organization, the purchase of a highly specialized thermometer, has been reached.

Through various fund raising activities such as wine tasting parties, theatre parties, children's puppet shows, and dinner parties the necessary money was raised.

"All Alpha Phis in this area owe a great debt to their many friends and to the husbands of Alpha Phi who have so generously supported our efforts. Without them it would not now be possible for me to state that this needed instrument has been acquired and delivered to the pediatric section of Harbor General Hospital and there presented to Dr. G. Emmanouilides of Pediatrics Cardiology" said Mrs. Buchanan.

Autumn Theme

Auxiliary Fashion Brunch

The Palos Verdes Country Club will be colorfully decorated with fall foliage Tuesday for the "Harvest of Fashion" brunch-fashion show, sponsored by the Torrance Memorial Hospital Auxiliary. Brunch will be served at 10 a.m.

In charge of the arrangements for the event is Mrs. Howard Walker, ways and means chairman for the auxiliary. All proceeds will benefit Torrance Memorial Hospital.

Bouquets of artificial flowers, arranged with candles, dried pods and grains, and fall leaves will adorn each table. One lucky guest at each table will be given one of the colorful centerpieces, ac-

ording to Mrs. Byron Kimble, decorations chairman.

Mrs. Earl Ladd and Mrs. C. A. Strayer are assisting with decorations.

Mrs. Jack Rice will provide special tray favors which will appear at each place setting.

Mrs. Richard McDonald is decorating a money hat, to be given away as a prize.

Mrs. George Post has made arrangements with a fashion salon to show latest ensembles. Models from the club include Anna Huse, Eva McGraw, Judy Melville, Mary Lee Boswell, Sylvia Rushfeldt, Dorothy Wilkes, Phyllis Post, and Jackie Stroh.

Mrs. Howard Fields is ticket chairman.



Fall Fashion Event

Admiring latest fashions modeled by Mrs. George Post (left) and Mrs. William Melville (right) are Mrs. Howard Walker (second from left), chairman, and Mrs. Howard D. Fields, ticket chairman, of the "Harvest of Fashion" brunch, to be held Tuesday at 10 a.m. at the Palos Verdes Country Club. Sponsored by the Torrance Memorial Hospital Auxiliary, the brunch will benefit the hospital.

(Press-Herald Photo)



Warm Welcome Planned

Leaders of Torrance Welcome Wagon Club are currently making plans for a get-acquainted coffee for newcomers to the South Bay area. Here, Mrs. Victor Esposito (left), membership chairman, discusses arrangements for the coffee with Mrs. Edward S. Foster (center), and Mrs. John Bennett. The event will be held at Mrs. Esposito's home, 1404 Diamond St., Redondo Beach. Reservations may be made by contacting her.

(Press-Herald Photo)